

Canopy Quick Reference Guide

It's easy for you and your family to use free and confidential coaching, counseling, financial, legal, life, discounts, and self-help resources

1

Convenient Connection

Phone, text, email, or virtual care navigation with a mental health expert

2

Personalized Care Plan

We'll guide you to the appropriate resources based on your unique needs and preferences

3

Fast Access

Benefit from quick connection with resources and providers

Utilize Your Member Site:

Get guided support to the services that best meet your needs, or browse all of the available resources.

Log in at: my.canopywell.com

Get Started Now:

call: 800-433-2320

text: 503-850-7721

visit: my.canopywell.com

